

What is claimed is:

1. Extraction method of Maca extract, wherein a temperature of extracting solution is from 20° C to 75° C when Maca
5 extract is extracted by adding aqueous solution containing ethanol to small pieces or powder of Maca.

2. The extraction method according to claim 1, wherein concentration of the ethanol in the aqueous solution containing ethanol is from 20 to 100 by volume%.

10 3. The extraction method according to claim 1, wherein from 0.3 to 500 by weight% of the aqueous solution containing ethanol is used against 1 by weight% of small pieces or powder or small piece of Maca.

4. The extraction method according to any one of claims 1
15 to 3, wherein the small pieces or powder of Maca is a residue of watery extraction.

5. A Maca extract obtained by the method according to any one of claims 1 to 4.

6. A food and beverage product, a perfumery and a cosmetic
20 and a pharmaceutical preparation comprising the Maca extract of claim 5.

7. A food and beverage product, a perfumery and a cosmetic and a pharmaceutical preparation according to claim 6, wherein from 0.01 to 99.5% of Maca extract according to claim 5 in dry weight is
25 comprised.

8. A food and beverage product, a perfumery and a cosmetic and a pharmaceutical preparation according to either claim 6 or 7, possessing an anti-allergic effect.

9. An additive or a compounding agent for a food and
30 beverage product, a perfumery and a cosmetic, or a pharmaceutical preparation, wherein Maca extract according to claim 5 is comprised.

10. A food and beverage product, a perfumery and a cosmetic or a pharmaceutical preparation according to claim 8, being a candy, a troche, a gum, a granule or a tablet.